

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME

By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

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Marshalltown, Iowa 50158

Black History Month

By Ken Wilson

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In honor of Black History Month we would like to introduce some of the African Americans that you might not be familiar with. These African Americans overcame obstacles in making things we take for granted more meaningful for today.

Charles R. Drew researched in the field of blood transfusions, developing techniques for stor-



ing blood which led Charles R. Drew to developing blood banks early in World War II. He protested against the practice of racial segregation in the donation of blood donors of different races. In 1943, Charles was the first African American surgeon to serve as an examiner on the American Board of Surgery.

Another military milestone for African American soldiers was during WWII

when they established the 76 1st Tank Battalion. This unit was not allowed to serve along with the White troops. Ac-



76 1st Tank Battalion according to Gen. Lesley J. McNair he argued that "colored" units should be employed in combat. At McNair's suggestion the US Army began to experiment with segregated combat in 1941; the program was supported by and given national exposure in Life Magazine.

The most famous member of this battalion was Lt. Jack Robinson (Jackie Robinson). During his training a bus driver told Robinson; a commissioned officer to go to the back of the bus. He refused and faced court-martialed charges because of this incident. Jack was acquitted of all charges. Though he never saw combat, within a few months he became famous and was instrumental in the desegregation of professional baseball.

Thanks for your Time

It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days. "Jack, did you hear me?" "Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said. "Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him. "I loved that old house he lived in," Jack said. "You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said. "He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important. . . Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away. The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time. Standing in the doorway, Jack paused for

a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture . . . Jack stopped suddenly. "What's wrong, Jack?" his Mom asked. "The box is gone," he said. "What box?" Mom asked. "There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,'" Jack said. It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it. "Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read. Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read. Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside. Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filling his eyes, Jack carefully unlocked the box.

Continued on page 11

Man on the Street

By Bill Eilers

Question: How well do you know your Nursing Unit Coordinator on your unit?



I know her well.
Donna Knoll
R.N. Malloy 2 South



I do know her.
Gerald Robinson
Malloy 3 North



I don't know her very
well.
Willie Van Every
Malloy 2 North



Not as well as I'd like to.
Gloria Card
Malloy 4 South



I don't know
who she is.
Betty Lewis
Malloy 4 South

Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at the Iowa Veterans Home:

On February 14, we were debating a package of economic incentives to possibly bring Microsoft to Iowa. Microsoft is a mega-corporation headquartered in Richmond, Washington that has over 79,000 employees worldwide. They are considering placing some of their operations in Iowa. We needed to pass an incentive package, similar to what the state offered Google last year.

I was busy with the debate on that issue when Governor Culver visited the Iowa Veterans Home on the same day. I wished I could have been in two places at the same time! It was the Governor's third trip to the Veterans Home. He was there in October, 2006 while he campaigned for the Governor's office. He was there a few weeks later for Veterans Day, 2006 as the Governor-elect.

This trip was to officially announce the \$100 million planned renovation, building, and modification of the veterans

home. From my many visits to the veterans home, I know how welcoming all of you were.

I also know that he left with a sense that you appreciate the care you are receiving and the quality of the staff who provide that care. I have even heard that the choir was excellent!

Mike Croskey asked me to review the federal and state legislation regarding the economic stimulus package that was passed in Washington. I have been in communication with the state officials and Senator Harkin to review what can be done to insure that residents at the veterans home can participate in this stimulus package as well. I am working hard to arrange something.

No one answered my trivia question! Abraham Lincoln owned land in Tama County. He acquired the land as part of payment for his legal fees and to the best of anyone's knowledge, he never saw the land. Here is my next trivia question: when was the last presidential election where neither the Republican candidate or the Democratic candidate was a sitting President or Vice President? (Answer is below)

My March meeting at IVH is scheduled for March 24. I will be in the Malloy LRC at 9 a.m. I hope to see you then!

-Mark

1952, General Eisenhower and Senator Nixon on the Republican ticket and Governor Stevenson and Senator Sparkman on the Democratic ticket.

Editorials & Opinions

Politics

By Dean Brown, Heinz Hall

Lately I have been wondering why in the world anybody would want to spend millions of dollars to win a job that pays an expense of that amount. All things factored in with the perks and the plush life they are accustomed to living, probably millions of dollars really isn't all that much. Why would anybody want to afford four-hundred dollar haircuts? Who needs it. By now you have surmised that I'm probably a political drop-out.

It hasn't always been the case. There was a time from high school up until a few years ago, I was talking up the democratic party. I'm still a democrat, just not quite as enthusiastic. The first person I registered and voted for was Adlai Stevenson second time around. Ike was too popular.

In 1960 I joined the young democrats in Nebraska and traveled a couple of counties and campaigned for Kennedy and the democratic ticket. I soon found out what an SOB I was. I loved every moment of it. I felt as though I was part of the mosaic scheme of things. That has long since been lost and I can't seem to find it.

Editorial disclaimer and policies

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PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

1. What the Hell are you doing?
2. Don't even think about talking back.
3. Wipe that smirk off your face young man/lady.
4. Can't you just mind for one second?
5. Where in God's name are you?
6. What in the world am I going to do with you?
7. Why do you always get an " F" math all the time?
8. Because I said so...
9. You'll have Hell to pay for that dumb stunt.



Another Blast Of Winter

By Bill Eilers

Well, another winter storm has come through Iowa once again; and Mother Nature left her calling card. I thought the photos on the right were interesting. Kinda reminds us of last year at this time.

Enjoy...



Farmin' Like It Used To Be

By Ken Wilson

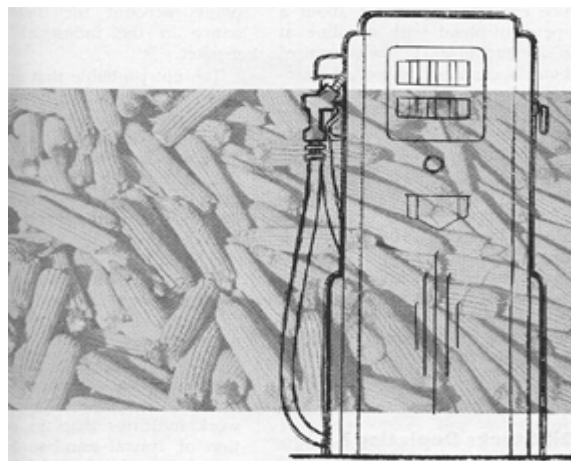
During the 60's there were significant trends taking place. During that time at Iowa Sate University: Lionel K. Arnold, professor of chemical engineering was supportive of the use of corn alcohol as an additive to gasoline. Arnold argued that using corn alcohol can be used successfully in gasoline and would use up a lot of surplus corn. Though at this time introducing corn alcohol would not be feasible because it would raise the cost of gasoline. Arnold said that a bushel of corn could produce 2 ½ gallons of 95% alcohol.

To illustrate the growth in liquid fertilizer service the USDA/FCS had conducted a study of 17 cooperatives in Nebraska and Kansas. Twelve of these co-ops distribute anhydrous ammonia, while 14 of these handled 28- and 32-percent nitrogen solution. Very little aqua ammonia, low-pressure nitrogen solutions or liquid mixed fertilizers are used by their members. Eight associations that keep records show that anhydrous ammonia represents 66 percent of the total fertilizer sales.

The oil lamp that was used in farms and farm houses for reading, cooking, etc. came to an end. 97 percent of these farms, and farm homes during that era

had electricity courtesy of REC.

Farm service cooperatives and farmer- owned mutual service companies had played an important part in the development of rural America in the 1960s. They provided farm business services in electricity, telephone, insurance, irrigation, credit and transportation to supporting commercial farm operations. In 1,600 or more rural areas in 40 states, farmers' mutual insurance companies are providing more than half of the fire insurance carried on farm property and save their 3.5 million members at least \$30 million in annual costs.



A John Deere 5010 series tractor.

Tidbits by Marie

By Marie Molloy

I had read that a man in a passing car reached out and stole a lady shoppers purse and took one of her fingers with it. I guess the moral of that story is carry your purse on your side farthest from the curb...

Some of 3,300 eagles in Iowa might be spotted along the Des Moines River! Look up!



In an effort to save the environment, ecologist Dr. Wangari Maathai, founder of the Green Belt Movement, has had over 30 million trees planted in Africa. We need to follow her example of action similar to save the environment.

The United States in compliance with its obligation under Nuclear Non-Proliferation Treaty, should commit to the elimination of nuclear weapons no later than 2030. Write to your senators and representative urging that this be done.

Recently a sunspot about the size of earth was observed recently. Sunspots could interfere with the global positioning satellite that controls cell phones, bank

ATM systems, cable TV, and Internet systems, even farmers' precision combine systems, and commercial airlines' communications.

I have questions for you, how many New Year's resolutions have you broken so far? What "penance" have you planned for Lent? How about \$1 dollar a day to Heifer International?

Exercise for over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato sacks. After a couple of more weeks, move up to a 50-lb potato sacks.

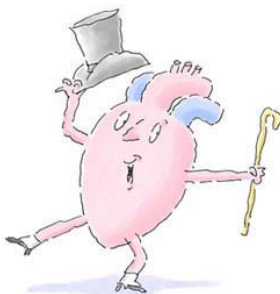
When you have mastered this, try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute. (I'm at this level). After you feel confident at that level, put a potato in each of the snacks.



Nutritionally Correct

Submitted by Jane Linnenbrink, RD/LD

February is National Heart Month.



A healthy heart is the result of among other factors, good genes, the right food choices and plenty of physical activity. While you can't do much about your genes, regular physical activity and making the right food choices are lifestyle behaviors you can control.

Are you doing everything you can to take care of your heart? Heart disease is the number one killer in America, but it can be impacted through everyday lifestyle choices. Your heart health is in your hands. Protect your health by knowing the numbers that determine your risk for heart disease. Then take steps to get them to desirable levels. What you do today will impact your health tomorrow, next month, or years from now.

Find out what your cholesterol, triglycerides, HDL cholesterol, and LDL cholesterol levels are. Visit with your health care team members about what your goals should be.

Physical activity offers many rewards – from heart health to strong bones and stress relief. Regular, moderate activity helps keep your blood cholesterol levels normal. It helps lower blood pressure, helps your body control stress and helps control body weight as you burn calories. More vigorous exercise gives your heart

muscle a workout, too, which ultimately helps your whole cardiovascular system work more efficiently.

When it comes to heart-healthy eating:

- Eat 5 or more servings of fruits and vegetables daily. These are the foods in Atha Dining Room with green labels. They are high in vitamins, minerals and fiber—and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and reduce your risk for cardiovascular disease by lowering your blood pressure. Eat deeply colored vegetables and fruits because they tend to be higher in vitamins and minerals than others. That means choose carrots and spinach over potatoes and corn.
- Be moderate in the total fat you consume. Look for the foods with hearts on their labels when eating in Atha Dining Room and choose those over higher fat selections.
- Follow an eating plan that's low in saturated fat. That means limit butter, fatty meats, and 2% or whole milk.

Steer clear of trans fats. This kind of fat, found in partially hydrogenated margarines and some snack foods, raises cholesterol.

Remember, fruits and vegetables play a crucial role in preventing heart disease.

"Strength is the capacity to break a chocolate bar into four pieces with your bare hands—and then eat just one of the pieces." –Judith Viorst

Poetry Page

OPEN EYES

By Henry Hubbard

Sometimes I think that this World is so strange. Deep down I know that Something has to change. Even when I watch television, The programs are no Longer discrete, Because eighty percent of the Showa are about Violence in the street. Maybe some of you wonder Why you're even here, And if you have true friends It's good to keep them near. This poem could go on forever, But, it's really getting deep, And because it's an eye opener This one I think I'll keep.



A Rose



*A rose is a thing of beauty
For it is delicate yet it survives the
harshest winters*

*This flower endures many colors
and many meanings*

*Yet one rose can deliver one true
message and that message is love.*

Anonymous

Aging

At times we accept that being old means: frailty, senility, depression, or losing a spouse. But, it doesn't have to be this way. Being older has many positive advantages. You're more mature, intelligent, you have knowledge to share.



GETTING TO KNOW YOU — OUR STAR VOLUNTEERS

Dear Veterans,

My name is Lynn Wacker and I volunteer to teach art at one of the public elementary 1st grades in Bellevue, Iowa. I try to do something with the kids once a week. This has been a little difficult this winter as we've had lots of snow days, late starts and early outs. I also work in our pre-school two days per week. I have a great bunch of kids this year. They are sensitive, patriotic and lots of fun. One of our kids' dad is overseas on his second tour. All of the kids know this is tough for their classmate, especially since her mom is pregnant and due any day. I know all of you Vets have gone through similar situations, so you know more about it than I do. I can't imagine it!

I want to thank you personally for your service to our country, and I also want to thank you on behalf of my 1st graders. They are in Mrs. Anderson's class, which is one of three 1st grades. We would love to have a pen pal for the class if anyone is interested in writing to us. You can reach us at my address below.

I have never been in the service myself, but am married to a Vietnam era veteran and am the daughter-in-law of two WW II veterans. Thank you so much for protecting our country! Happy Valentine's Day!

Sincerely,

Lynn Wacker
18531 362nd Avenue
Bellevue, IA 52031

"Thanks for your time"

Continued from page 2

There inside he found a beautiful gold pocket watch. Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved: "Jack, Thanks for your time! -Harold

"The thing he valued most was . . . My time" Jack held the watch for a few minutes then called his office and cleared his appointments for the next two days. "Why?" Janet, his assistant asked. "I need some time to spend with my son," he said. "Oh, by the way, Janet thanks for your time!"

"Life is not measured by the number of breaths we take but by the moments that take our breath away," Think about this. You may not realize it, but it's 100% true. At least 2 people in this world love you so much they would die for you. At least 15 people in this world love you in some way. A smile from you can bring happiness to anyone, even if they don't like you. Every night, SOMEONE thinks about you before they go to sleep. You mean the world to someone. If not for you, someone may not be living. You are special and unique. When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait on His time, sooner or later, you will get it or something better.

When you make the biggest mistake ever, something good can still come from it. When you think the world has turned its back on you, take a look: you most likely turned your back on the world. Someone that you don't even know exists loves you. Always remember the compliments you received. Forget about the rude remarks. Always tell someone how you feel about them; you will feel much better when they know and you'll both be happy. If you have a great friend, take the time to let them know that they are great.

"Thanks for your time"

Valentine's Day Dance...



To Whom It May Concern

Whomever submitted the hand-written opinion about the article on: Indoor Smoking Rooms it cannot be typed due to that fact that there was no signature.

So there is an assumption that you wish to remain anonymous. If and when you do decide to give your name, then your opinion will be taken in consideration to be published in the Stars 'n' Stripes.

IT'S GARAGE SALE TIME AGAIN

Donations are currently being taken for the upcoming IVH Resident Council Garage Sales.

Please call Ken Thomas or Eric Pederson at extension 460 or you may call the Resident Council Office at extension 233.

ASK THE DOCTOR

By Dr. Douglas Steenblock

Depression

The term "depression" actually relates to a symptom and not an illness. There are a number of different depressive disorders. The most well known is probably Major Depressive Disorder (often referred to as "clinical depression").

This is characterized by features such as sadness, lack of interest in pleasurable activities, changes in weight/appetite, sleeping too much or too little, diminished activity level, loss of energy, guilt, feelings of worthlessness, difficulty concentrating, or even suicidal thoughts. If a person has periods of high mood (known as mania) in addition to major depressive episodes, this is known as Bipolar Disorder. When a crisis or stressor occurs in a person's life, they may experience situational depression; this is often referred to as an Adjustment Disorder.

Dysthymia is a milder but more chronic form of depression. Some types of depression can be caused by substances, including medications. Alcohol and tranquilizers, for example, can contribute significantly to depression. Those who are withdrawing from stimulants such as caffeine, cocaine, or methamphetamine can experience depression. People who have personality disorders often experience great dissatisfaction with their life that they may describe as depression. Bereavement (sadness or grieving after the death of a loved one) is

not considered to be a disorder unless the symptoms are severe or it persists for more than two months.

There are many treatment options available for these depressive disorders. Psychotherapy or counseling has been shown to be very helpful for most types of depression. It is not simply a matter of talking about one's feelings; the depressed person can also learn new ways to view the situation and learn better methods for coping.

There are many different types of medication used to treat depression and they utilize various mechanisms. Most of them take at least two weeks to start working. They are not addictive substances and people do not experience a "high" from them. It is recommended that patients stay on them for at least six months and sometimes longer in order to avoid relapse.

Those who have bipolar disorder need mood stabilizers rather than antidepressants and usually need to stay on these medications long term. People who are abusing substances or who have personality disorders may not respond very well to medication. Electroconvulsive Therapy (also known as shock therapy) is still widely used at most medical centers around the country. Contrary to what is seen in movies, it is a safe and effective method of treating severe depression. There are also a number of other electronic devices being developed for the treatment of depression.

Continued on page 16

Chapel Events for March

Videos for March are:

Videos-

1. Orthodoxy - Mystery, Liturgy and Tradition
2. Catholicism - Sacraments and Mass
3. Lutheranism - Word and Faith
4. Presbyterianism - The Sovereignty

Tuesdays at 3:00 pm:

March Activities:

Maundy Thursday Service will be held on March 20 at 1:30 in the Chapel.

Good Friday Service at will be held at 1:30 in the Chapel on March 21. We will be continuing the Morning Lenten Prayer through Easter.

Easter Service will be held on March 23rd in the Chapel.

The chapel has a variety of devotional books and meditative CD's for residents and staff to check out. There are also many Bibles which have been donated to give away to anyone who might need one. Please talk to one of the chaplains if you are interested in checking out these resources, or if you would like a Bible.



In Loving Memory of Marlin D. Olson
4/29/34 to 2/4/08

Marlin enjoyed people and he loved conversation with just about anyone who would listen. He helped establish the Korean War Monument at the Iowa Veterans Home and was a member of the VFW and American Legion. There is an empty place in our lives as we seen an important life end. A golden heart has stopped beating, hard working hands are at rest.

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

Midwest Phrases

By Ken Wilson

Midwest phrases are taken from the book: *"HOG ON ICE"* By Charles Earle Funk

This month's Phrase is:

"To Fall Off The Wagon"



The original meaning of this phrase was "on the wagon." During the 1800's it was actually a water cart drawn by horses used to hose down dusty roads on summer days. Basically, saying that a person was "on the wagon" was shorthand for "they would sooner climb aboard a water cart to quench their thirst" than have a drop of liquor.

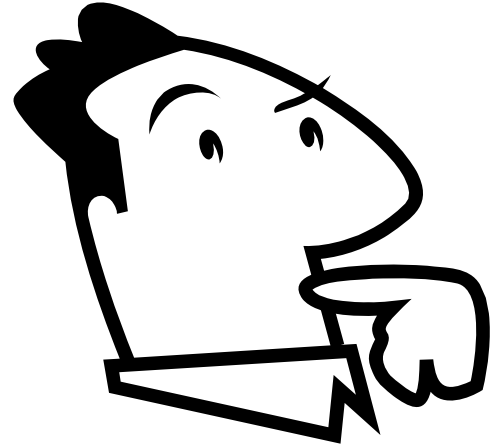
Improving Your Vocabulary

Do you know the definitions of these words?

1. Ramshackle
2. Equivocal
3. Disconsolate

Thinking Out Loud

- 1) With this winters snow-fall being so high we are bound to have floods in the spring.
- 2) Why do people get so complacent after 1-2 years here.
- 3) After 4 years here the meal routine gets rather old.
- 4) If we don't get an increase in our \$120 soon and with the cost of milk at \$3.59 and cost of bread at \$3.50, we won't be able to afford even the basics let alone gasoline for our cars.
- 5) This is deer heaven around here. The other night 2 of them were standing under the street light east of Heinz Hall. One resident counted 20 out by the garden plots next to the generator!!
- 6) Well its about seed ordering time for gardeners. The greenhouse will get busy again soon for those who start their own plants.



Profile

By Canteen Operator Charity Bandstra

Charles "Charlie" Kelley was the winning recipient of the Valentine's Day Surprise Package sponsored by the Canteen. Residents entered 515 entries in the Valentine Day drawing. Charlie is best known by the Canteen staff for his love of strawberry milk shakes.

Charlie served in the U.S. Navy aboard the USS Midway Aircraft Carrier from 1957 to 1962. While in the Navy he worked as a medic in the sick hall and dispersed medications. Upon completing his tour of duty Charlie attended the University of Iowa where he received a double major degree in Education and Business. He then furthered his education earning his Master's Degree from the University of Northern Iowa in Education Administration.

In the years to follow, Charlie taught at a high school and later at a community college before accepting a position as a High School Principal. Charlie's favorite hobby is traveling. While in the Navy Charlie loved visiting Hong Kong and Japan.

Stateside, his favorite travel destination is Washington, D.C. Charlie is the proud parent of two children. His son resides in Washington, D.C., and his daughter lives in Minneapolis, MN. He also has three grandchildren.



Valentine Day winner, Charlie Kelley with Janice Cullor and Charity Bandstra

Depression

Continued from page 13

It is possible that someday patients may go in periodically for an electronic treatment rather than taking medication. The prognosis for those who are depressed is variable; it depends on the type of depression and other factors in the patient's history.

The combination of psychotherapy and medication is often better than only

one form of treatment alone. Those who have personality disorders generally need long-term treatment. Those who actively use substances do not usually improve.

If you think that you may have a depressive disorder you can discuss this confidentially with your social worker, nurse or medical provider and they can help you determine whether a consultation with a mental health professional would help.

How To Simulate Submarine Life In Your Own Home

By Staff Writer

1. Obtain a dumpster. Paint it black, weld all the covers shut except one which can be bolted closed from the inside. Hitch it to the back of your wife's mini van. Gather 12 friends and bolt yourselves inside and let you wife pull it for several weeks while she does errands.

2. Sleep on the shelf in your closet. Replace the closet door with a curtain. Six hours after you go to sleep, have your wife whip open the curtain. Shine a flashlight in your eyes, and mumble "Sorry, wrong rack."

3. Don't eat any food that you don't eat out of a can or have to add water to.

4. Paint all the windows on your car black. Drive around town at high speeds with your wife standing up in the sun-roof shouting course and speed directions to you.

5. Renovate your bathroom. Build a wall across the middle of your bathtub and move the shower head down to chest level. When you take shower make sure you shut off the water while soaping.

6. Repeat back everything anyone says to you.

7. Sit in your car for six hours a day with your hands on the wheel and the motor running, but don't go anywhere.



8. Put lube oil in your humidifier instead of water and set it to "High".

9. Don't watch T.V. except movies in the middle of the night. Also, have your family vote on which movie to watch, then show a different one. Record The Sound of Music and show it at least every other night.

10. Don't do your wash at home. Gather your neighbors' clothes along with yours, pick the most crowded Laundromat you can find, and do the neighborhood laundry in a single washer and dryer. Make sure that 12% of the laundry is lost and 20% of the finished laundry is incorrectly distributed to the wrong neighbor.

11. Leave lawnmower running in you living room six hours a day for proper noise level. (For Engineering Divisions)

12. Have the paperboy give you a haircut.

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Legislation -The Sioux City Journal

By Dean Brown

Once again our governor and state lawmakers are dealing with tobacco problems as the legislative session opens for business. Governor Culver has suggested passing legislation allowing city governments to be responsible for their own smoking laws. Passing the buck is not the answer. Clearly our law-makers should step up to the plate and be accountable and accept the responsibility for laying down a uniform state law for all to obey.

Iowa border disputes have been an issue for many years, not only here in Iowa, but in all states. It's a fact if your a border business, you have a border problem. Somehow "protectionism" creeps into the picture as to how to relieve some of the pressure caused by border crossing. That usually is the beginning and the end of the argument. As much as I would like to see it, I feel a state wide smoking ban is truly unrealistic approach to the problem, at least for now. Tobacco does not seem to have a compromise in it and could cause violent results. We could just have another problem to deal with.

When a person denies the harmful affect that smoking has on his or her life, by the time they realize the fact, its usu-

ally too late. Black lungs will attest to that! Tobacco demands more than well intentioned concerns about the problem. It demands positive results.

Hallowed ground indeed

Living here at the Iowa Veterans Home has really opened my eyes to what cigarettes can do to a persons health. I see people gasping for breath as they light up another one. That's the grip the habit has on your life. Smokers simply do not care that their health is going to bottom out as they reach for every breath.

No smoking

According to Webster's New Explorer College Dictionary tobacco is many of a complex of virus disease's of tobacco and related plants. My answer to the smoking problem lies in laws governing state wide and locations of designated smoking areas. Local and city governing boards and public service workers could assume that responsibility; but doable and fair to all.



Positive vs. Negative

By Michael Bauman

This article is to de-bunk all rumors and misconceptions about Sheeler Two West. First of all, let me, Michael Bauman, tell you about my experience. As most of you know, I had a major nervous breakdown. To put it mildly, I had truly lost my mind. My anxiety level went sky high...completely off the charts.

During this time I trusted no one, and feared everything and everybody! Are you getting the picture? I was crazy? So I asked for some HELP! The staff at Malloy 2 South put out an S.O.S. Much like 911, only this was a mental health emergency. In the blink of an eye, I found myself on Sheeler 2 West and on the road to recovery. Now the de-bunking. Sheeler 2 West is not a jail. Nor is it a place that bad people go. However, it is a locked unit!!! But that is so the residents that are there can feel SAFE. The monsters can't get you there. They don't have the keys. So immediately you start feeling safe there.

It didn't happen over-night, but soon I started trusting again. The staff, which included Dr. Minear, started probing my mind to see what my condition was, however I will say that the squirrels were looking for me. I was a huge nut!

Now the fun begins! On a typical day, we have a morning meeting at 7:30 am. We discuss appointment schedules for each resident. This is done to make sure that nothing gets missed. At 9:30 am.-

classes begin. Each day of the week except Sunday has a different class. We all love Sundays... don't tell anybody, but we get to sleep in. Yeah !!!!

My favorite class is Music. Kim Marsh in Music Therapy comes to our unit; by the time she leaves we're all singing and dancing. Our spirits are lifted to new highs. Another class is Recreation; we do word puzzles and other types of mind memory things. Like for instance, history; we can answer nearly all questions thrown at us.

Let me give you an example. Who was the vice president of our third president? Most people can't even answer who the third president was, let alone the vice president. We have very smart residents here. At the end of this article I'll give you the answers to both questions. But I want you to read the whole article, so I'll keep you all in suspense.

Do you like my trick of keeping you reading? We have lots of other classes too! But I'm not sure if I'm allowed to tell you. Oh well, it wouldn't be the first time I was censored. I'm only going to list some of them but I won't go into detail, here are a few others; as a whole we're living longer than at the turn of the century. So keep in mind that age is only a number and live life to its fullest. Spirituality is taught by Chaplain Nelson, Interpersonal Relationship Skills is taught by Dr. Bauer, Cognitive Therapy is taught by Mike Luttrell, and Self Defeating Behaviors taught by Judy Dostal.

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American Gangster
Azumi
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T is for Trespass-by Sue Grafton
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The Friday Night Knitting Club: by Kate Jacobs
The Heir: by Barbara Taylor Bradford
The Secrets of Rosa Lee: by Jodi Thomas
The Shadow of Saganami : by David Weber
The Texan's Reward: by Jodi Thomas
Winds of Destiny: by Jayne Bullock
World Without End: by Ken Follett

ALSO NEW: Happy for No Reason: 7 Steps to
Bing Happy from the Inside Out (audio book on
CD) by Marci Shimoff

Submarine Life

Cont'd from page 17

13. Take hourly readings on your electric and water meters.

14. Sleep with your dirty laundry.

15. Invite guests, but don't have enough food for them.

16. Buy a broken exercise bicycle and strap it down to the floor in your kitchen.

17. Buy a trash compactor and use it once a week. Store up garbage in the other of your bathtub.

18. Wake up every night at midnight and have a peanut butter and jelly sandwich on stale bread, if anything. (Optional is canned ravioli, cold soup, or cherry peppers).

19. Make up your family menu a week ahead of time without looking in your food cabinets or refrigerator.

20. Set your alarm clock to go off at random times at night. When it goes off, jump out of bed and get dressed as fast as you can, then run out into your yard and break out the water hose.

21. Once a month take every major appliance completely apart and then put it back together again.

22. Use 18 scoops of coffee per pot and allow it to sit for 5 or 6 hours before drinking.

23. Invite at least 85 people you don't really like to come and visit for a couple of months.

24. Store eggs in your garage for two months and then cook a dozen each morning.

25. Have a fluorescent lamp installed on the bottom of your coffee table and lie under it to read books.

26. Periodically check your refrigerator compressor for "sound short."

27. Put a complicated lock on your basement door and wear the key on a lanyard around your neck.

28. Lock wire the lug nuts on your car.

29. When making cakes prop on side of the pan while it is baking. Then spread icing really thick on one side to level off the top.

30. Every so often, yell "Emergency Deep", run into the kitchen, and sweep all pots/pans/dishes off of the counter onto the floor. Then, yell at your wife for not having the place "stowed for sea".

31. Put on the headphones from your stereo (don't plug them in). Go and stand in front of your stove. Sit (to nobody in particular) "Stove manned and ready". Stand there for 3 or 4 hours. Say (once again to nobody in particular) "Stove secured". Roll up the headphone cord and put them away.

32. Write a controlled work package to change the oil on your car.

Promise Of Prosperity

Chinese Year Of The Rat

Submitted by Sue Sumpter

*Reprinted with permission from DailyOM-
Inspirational thoughts for a happy, healthy and
fulfilling day.*

Chinese New Year this time around is the Year of the Rat, which brings with it the promise of prosperity. The Chinese admire the rat for its quick mind and ability to gather valuables and save them for the future. Since 2008 is the Year of the Rat, the year ahead should offer many opportunities to acquire wealth, as well as the ability to make choices that enable us to provide comfort for a long time to come.

Since the rat sign is the first in the Chinese zodiac calendar, we may feel the energy of a cycle beginning. We may also feel a pioneering spirit that helps us to forge ahead with a completely new endeavor. Looking beyond Western culture's distaste for rats, we may be able to appreciate their ability to thrive in less than ideal conditions. This quality might offer us hope that whatever challenges we may face will only serve to make us stronger and more able.

The rat's ability to solve problems is well-known, so we can choose to enjoy any challenge that helps us keep our minds sharp while also making life more



of a game. A competitive nature may develop within us, leading us to use the rat's ability to focus on priorities. The rat can also remind us to be less worried about pleasing everyone we meet and more focused on our goals.

We should be aware of the rat's habit for collecting and not allow ourselves to become so focused that we neglect those around us. Being constantly on the alert for opportunity can be stressful, so we can make the decision to balance our pursuit of prosperity with the enjoyment of good food and atmosphere and the people we trust to offer us both support and space. With the energy of challenge and possibility, the year is likely to be exciting without being explosive. The Year of the Rat is sure to offer the type of enjoyable challenges that will enable us to become all we can possibly be.

Positive vs Negative

Continued from page 19

Jane Linnenbrink teaches a class in Nutritional Health and there are classes on life. Regina West is one of the Skills and Recreations teachers. She's good at cooking too! Well, they all focus on making their very best decisions. I'd like to thank the doctors, counselors, and staff that work together to get us back on our feet and running like a "WELL OILED MACHINE."

Another person that you'll probably meet is Dr. Bauer, he's cool! Well they are all cool, but you see, Dr. Bauer has a unique perspective that makes all people like him. He's one of the most positive thinking people I have ever known; he teaches Interpersonal Relations. In one of his classes taught by Mike Luttrell on Cognitive Therapy, he read a story about a couple who couldn't see things from each other perspectives. She was always complaining about their intimacy and he would say in other words, go soak your head. I'm a good man. Because of confidentiality, I cannot tell you what the group discussed, but overall we need to get off our high horse. We need to say, "Honey I love you and I'm going to try and see from your side." If I was their marriage counselor, I would have prescribed a male enhancement drug, lots of Viagra. Then if that didn't work, I'd call Dr. Phil or maybe Cupid. "Caution, only try this at home."

Then you have Mike Groh. If you have a problem or something is really bothering you, he'd be a good choice to see. He is very smart and capable. He

can even tune a guitar ten times faster than Kim. He's amazing!

Foot note: Dr. Minear is the greatest man in the world. Bar none!! He took me to my mother's funeral. Without him, I would have not gone. He gave up his Sunday off and drive me to Des Moines. We left at 4 pm and arrived back at 9:40 pm. Who among you could honestly say...I'd do that for a resident? Not many! The time of our life is so precious that we are selfish. Well, here's a man who is not selfish. Here is a man that we could all learn from.

So, if you ever get the chance to meet this humble, wonderful man, or have an encounter with him, you will definitely be impressed. I can see the love of the Lord in him,. That's the purpose and meaning of life...To have the love of God in you, and he does it well!!!

Oh, one last comment. If you do talk with Dr. Minear, bring your dictionary. He uses words like, EQUANIMITY, CONGRUENT, and BENEVOLENT. He's a little strange too. He carries marbles around with him. He says stuff like, "Live in your own skin." I didn't want to upset him, but even as crazy as I was, I never once tried to take my own skin off; I do my clothes, but not my skin. I affectionately call him my Quaker Quack.

Here are the answers I promised you.
1. The 3rd president was THOMAS Jefferson. 2. His vice president was GEORGE CLINTON. Anyone care to guess why I put a little e in Jefferson's name?

Service of Farewell and Blessing Quilt

By Marvis Drew, IVH Sewing Room

This has been the second quilt donated from a North Eastern Iowa quilting guild. The beautiful Irish Chain quilt was dedicated to Albert G. Bahr, WW I Veteran.

It was constructed by his granddaughter Linda Cook of Waukon. Helping Linda was Sheryl Mielke from McGregor and Lois Abler of Waterville, Iowa. Machine Quilting was completed by Carolyn Clark of Forrest Mills Quilt Shop in Postville. Linda and Sheryl traveled the three hours to deliver the quilt to Adjutant Stan Freeborn and Chaplains Rosemary and Angela.



Stan Freeborn, Adjutant accepts a Service of Farewell quilt from Linda Cook and Sheryl Mielke

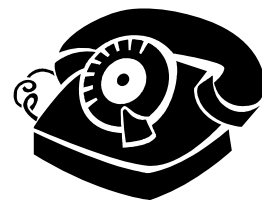
This is the fourth quilt for the Resident and Family Services Farewell and Blessing ceremonies performed at the death of a veteran's spouse. An American flag is used for the Veterans. The quilts are an ongoing project and the goal is for every unit to have one. If you are interested in making a quilt, doing the machine quilting or know of a group who would be interested please contact Marvis in the sewing room at X433.

IF YOU READ THIS PAPER, YOU ARE WELCOME TO WRITE FOR THIS PAPER!

Poems, editorials, informative articles, entertaining articles, and photographs of general interest are all welcome!

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Our Comment Line is 777. Please call us with your comments, ideas or suggestions about the Stars 'n' Stripes. We'd love to hear from you.

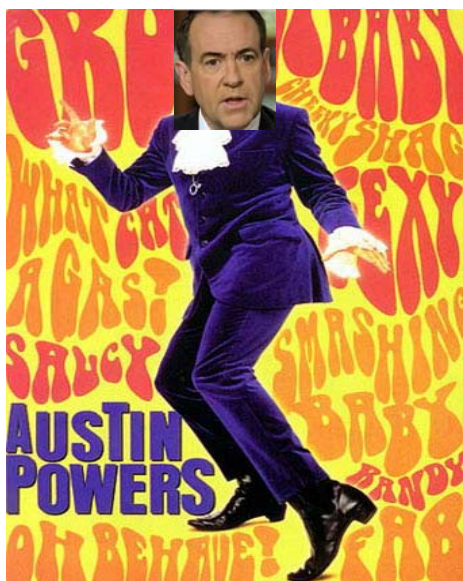


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Cartoons and Humor



Looking for that special someone? Well look no further, just drop by at the Amazons and look me up. My name is Isabella and I'm listed in the phone book.



Mike Huckabee's new political campaign strategy



By day Ken Wilson is hard at work being the Editor for the Stars 'n' Stripes



But at nightfall he's **MOTIVATION MAN !!!** Able to clean his room, chat on the Internet, wood working, listening to Public Radio, and watching DVD's. Amazing...

Quiet Reflections



Answers to Improving Your Vocabulary

1. Poorly maintained or constructed and seeming likely to fall apart or collapse.
2. Open to more than one interpretation, especially in being deliberately expressed in an ambiguous way in an attempt to mislead somebody.
3. Miserable or disappointed and unable to be cheered up, cheerless, gloomy.

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A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- Mark Twain

